



## COMBATING INFLUENZA

Team 21, influenza cases in the KMC area are rising significantly. A shift in the virus strain makes following personal protective measures even more critical. Reduce your risk of catching the flu with the below guidelines.

**Avoid close contact with sick people.** Symptoms of the flu include fever, cough, sore throat, body aches, headache, chills, and fatigue. Maintain a safe distance from someone with flu symptoms. Do not unnecessarily visit people who are sick.

**Wash or clean your hands frequently.** Wash your hands thoroughly with soap and water especially after you cough or sneeze. Wash for at least 20 seconds each time. Dry hands thoroughly with single use paper towels or warm air dryer.

**Avoid touching your eyes, nose or mouth.** Viruses are often spread when a person touches something that is contaminated touches his/her eyes, nose, or mouth.

**Stay home from work or school and limit contact with others if you are sick.** Sick adults can infect others for approximately 5 days after symptoms start, and children for approximately 7 days after symptoms start.

**FIRST IN SUPPORT-READY STRONG!**

*STRONG EUROPE  
IS A HEALTHY EUROPE!*

JOHN R. O'CONNOR  
Major General, USA  
Commanding